

ALLERGENS LIST

- 1. GLUTEN:** Appears in our bread, pinchos (little canapes) and flour based desserts. We do not thicken with flour. It also appears as a garnish for some dishes. Omission or substitution is not a problem.
- 2. CRUSTACEANS:** We regularly use a variety of crustaceans including crab, winkles, prawns, langoustine in whole and powder form. Omission or substitution is not a problem.
- 3. EGGS:** Are used in entire form in some dishes such as: tortilla (Spanish omelette) and maybe substituted with something else or avoid it (tortilla). They are present in many pastry preparations but may easily be substituted. Please note, some wines are filtered through egg whites.
- 4. FISH:** is the main protein in many dishes. The only option is to avoid these dishes.
- 5. PEANUTS:** N/A
- 6. SOYBEAN:** We use in soybean oil in all our fryers
- 7. MILK:** Is used in some dishes in the preparation stage of various elements. Substitution is easy.
- 8. NUTS:** Are used in the kitchen. Trace elements may occur in everything. But substitution is easy.
- 9. CELERY:** Appears in all stocks, therefore sauces, lentils dish and as a micro herb
- 10. MUSTARD:** Is used in some dishes in the preparation stage of various elements. Substitution is easy.
- 11. SESAME SEEDS:** Are used in the kitchen. Trace elements may occur in everything. Substitution is easy.
- 12. SULPHUR DIOXIDE:** Dried fruits are used in some dishes (such as: pig's cheek, apple and plum compote in the preparation) stage of various elements. But substitution is easy.

Sulphur dioxide and sulphites (E220-E228) are generally used for their preservative effects in wine.
- 13. LUPIN:** N/A
- 14. MOLLUSCS:** is the main protein in many dishes. The only option is to avoid these dishes. May occasionally be the main protein or an element of some dishes. Substitution is easy.

Please inform your waiter if you have any allergens. The kitchen team and waiting staff are always on hand to discuss substitutions and options available to you.

We have devised an *Allergens Menu*. All our dishes/beverages that contain one (or more) of the fourteen allergens are indicated with a number eg: *tomato bread, olive oil (v)* **[1, 3]**. These numbers refer to this list of foods above eg: *tomato bread, olive oil (v)* **contains Gluten, Eggs.**

If you have any questions our staff are here to help.

VERDURAS Y LEGUMBRES [VEGETABLES & PULSES]

(v)

tortilla, romesco [3, 6, 8, 12]	7.35
patatas bravas [3, 6, 9, 10, 12]	5.8
wild mushrooms, organic cider, garlic [7]	8.65
chickpea, spinach, tomato sauce [9]	7.5
goat's cheese & sweet potato croquettes, saffron mayo [1, 3, 6, 7, 10]	4.5/9
tomato bread, olive oil [1, 3]	6.75
catalan spinach [12]	7.5
lentils, organic vegetables, saffron, spices, yogurt [7]	8
catalan ratatouille [12]	7.5
moorish couscous, rose petals, hay smoked yogurt [1, 7, 8, 12]	9
goat's cheese, piquillo peppers, walnut powder [1, 6, 7, 8]	8.5
organic beetroot, pine nuts, px sherry [8, 12]	9
fennel, kale, hazelnut [7, 8]	8.5
paella verdura (changes daily – see board for details) [7]	16
chicory & hazelnut salad [8, 10]	8.5
chickpea empanadillas, piquillo pepper salsa, lovage oil [1, 3, 7, 12]	9

VERMOUTH [12]

GLS

Vermut : Fernando De Castilla (18%)

7

CIDER [12]

BTL

Longueville Irish Craft Cider (5%) 50cl

8

Zapiain (6.2%) 37.5cl

6.5

BEER

BTL

Estrella	Damm Barcelona	(4.6%)	33cl [1, 12]	5
	Daura (wheat free)	(5.4%)	33cl [12]	6
Estrella	Galicia	(4.7%)	33cl [1, 12]	5
	Galicia Zero non-alcoholic	(0.0%)	25cl [1, 12]	4.25
1906	Reserva Especial	(6.5%)	33cl [1, 12]	6.25
Barcino Beer	Raval IPA	(4.5%)	33cl [1, 12]	6.5
	Gòtic Ale	(5.2%)	33cl [1, 12]	7
Galway Hooker	Irish Pale Ale	(4.3%)	50cl [1, 12]	6.5
Galway Bay	Full Sail IPA	(5.8%)	50cl [1, 12]	6.5

POSTRES [DESSERTS]

crema catalana, caramel ice-cream, almond biscuits [1, 3, 7, 8]	8
chocolate mousse, vanilla ice-cream, candied hazelnuts, soil [3, 7, 8]	8
churros, chocolate sauce, chocolate ice-cream, honeycomb [1, 3, 6, 7]	6/12
santiago tart, pistachio ice-cream, walnut powder [1, 3, 6, 7, 8]	8.25
sorbet, rosé cava, berries, liquorice meringue [3, 12]	9
our own ice-cream, meringue, fruit, almond biscuits [1, 3, 7, 8]	7.5
leche frita (fried custard), orange, sorbet [1, 3, 7, 8]	8

DESSERT WINE [12]

GLS

Moscatel Oro: Torres Floralís

6.5

Sinlos Garnatxa

7

SWEET SHERRY [12]

GLS

Moscatel: Lustau Superior: Emilín

7

Cream Superior: Lustau

7.5

Pedro Ximénez: Montilla-Moriles

7.5

Pedro Ximénez: Antique (Fernando de Castilla)

8.5

BRANDY [12]

GLS

Torres 10: Imperial Brandy

5.5

Cardenal Mendoza: Gran Reserva

8

PESCADOS Y MARISCOS [FISH & SHELLFISH]

turf smoked salmon, cucumber, dillisk, rye bread [1, 3, 4, 10]	12
wild mussels, almonds, white wine, garlic [7, 8, 12, 14]	11.5
scallops, black pudding, cauliflower, panceta, pistachio [1, 3, 6, 7, 8, 14]	14
potatoes, octopus, smoked paprika, px vinegar [7, 14]	11
bacalao (salted cod) cakes, lemon mayonnaise [1, 3, 4, 6, 10]	9.5
basque style monkfish, parsley mayonnaise [1, 3, 4, 6]	11
bacalao (salted cod), garbanzos fritos, tomato, pickles salad [4, 6, 10, 12]	12
paella marinera (changes daily – see board for details) [2, 4, 7, 14]	19
squid, garlic, parsley, lemon mayonnaise [1, 3, 6, 10, 14]	12.5
monkfish, serrano ham, baby fennel, piquillo sauce, pistachio [4, 7, 8, 14]	16
bacalao (salted cod), ajo blanco, cucumber, olives [1, 4, 7, 8]	14.5
prawns, pea, fennel, serrano ham powder [2, 7]	14

WHITE WINE [12]

175ML 250ML 500ML BTL

Flor de Vitus: Verdejo (Rueda, 2017) 8 10.6 21.2 32

María Sanzo: Albariño (Rías Baixas, 2016) 9.25 13.9 27.75 37

ROSE WINE [12]

175ML 250ML 500ML BTL

Azul y Garanza: Tempranillo (Navarra, 2017) 8 10.6 21.2 32

CARNES [MEAT]

jamón croquettes, saffron mayonnaise [1, 3, 6, 7, 10]	4.5/9
free range duck fritter, chilli & seaweed jam [1, 6, 12]	9.75
rack of lamb, confit lamb belly, cauliflower, almond [7, 8]	12
pigs head fritter, beetroot, hazelnut [1, 6, 8, 12]	9
free range duck, plum, px sherry [12]	12
connemara mountain lamb shoulder, lentils, harissa [7]	12
moorish chicken, piquillo sauce, black olive soil [1, 6, 8]	11.5
confit pork belly, apple compote, thyme gel [10, 12]	5/10
killenure dexter beef ribs, pickles, horseradish [1, 7, 8, 9, 12]	14.5
chicken breast, broad bean, peas, parsnip [7, 9, 12]	15
chorizo, potatoes, red wine [7, 12]	9.5
morcilla, chickpea, raisins, pine nuts, parsley [1, 7, 8, 12]	10
meatballs, tomato sauce [1, 3, 9, 12]	5/10
connemara mountain lamb & sweet potato skewer, piquillo sauce [7, 12]	9
potatoes, serrano ham, cherry tomatoes, garlic [7]	10
beef & panceta ibérica burger, manchego, onion marmalade [1, 3, 7, 10, 12]	5/10
tomato bread, serrano ham, olive oil [1, 3]	8.5
pig cheeks, apple, sultanas [9, 12]	10.5
chorizo, sherry [7, 12]	9.5
smoked duck, radicchio, pear salad [8, 10]	10.5
chicken hearts, chorizo, cider [7, 12]	8.5
meatball, morcilla, chickpea, tomato cazuelita [1, 3, 7, 9, 12]	13.5

RED WINE [12]

175ML 250ML 500ML BTL

Casa Benesal: Garnacha/Monastrell (Valencia, 2016) 7.75 10.3 20.6 31

Abril de Azul y Garanza: Temp/Cab Sav (Navarra, 2016) 8 10.6 21.2 32

Acon Roble: Tempranillo (Ribera del Duero, 2016) 9.25 13.9 27.75 37

WELCOME TO CAVA BODEGA

Tapa, *n.* a small snack; a cover for your sherry to keep the flies away; a thing to do with friends afterwork; to eat while standing; to share your food; to bring families together; to love food.

CHEF-PATRON: JP McMahon

HEAD CHEF: Pawel Karnafel

[@mistereatgalway](#)

[cavatapasbar](#)

[@cavagalway](#)

PINCHOS [SPANISH CANAPES]

tortilla, tomato, lovage oil (v) [1, 3, 12]	4.5
smoked duck, plum compote, hazelnut [1, 3, 8, 10, 12]	7
jamón serrano, manchego cheese, quince [1, 3, 7]	5.5
scallop, baby fennel, saffron mayonnaise [1, 3, 14]	7
black olive tapenade, lomo ibérico, cherry tomato [1, 3, 4, 12]	6
octopus, onion marmalade, piquillo pepper [1, 3, 12, 14]	6.5
romesco, apple, almond (v) [1, 3, 8]	4.5
black pudding, saffron mayonnaise, panceta iberica [1, 3, 10]	6
pork belly, cucumber, truffle mayonnaise [1, 3, 10, 12]	7.5
broad bean, mint, lime [1, 3, 7]	6.5
montenebro goat's cheese, pear, olive soil (v) [1, 3, 7]	5.5

CAVA [12]

	GLS	BTL
María Casanovas (brut nature)	8	45
Alsina & Sardà (brut reserva)		50
Juvé y Camps Rosé (brut)	9	54
Mas Candi (brut nature)		55
Dominio de la Vega 'Expression' (brut reserva)		65

CRISP & LIGHT [12]

175ML 250ML 500ML BTL

Barbadillo Castillo San Diego: Palomino (Cadiz, 2017)	26
Altacena: Macabeo/Sauvignon (La Mancha, 2016)	6.75 8.95 17.9 26.5
Vallmajor: Garnacha Blanco (Terra Alta, 2014)	31
BeTomish: Macabeo/Muscat/Sauvignon Blanc (Tarragona, 2015)	32
Blau Cel Blanco: Xarel-lo/Macabeo (Tarragona, 2015)	33
Esperanza: Verdejo (Rueda, 2016)	34.5
Viña Sanzo: Verdejo/Sauvignon (Rueda, 2016)	35
Gaintza: Txakoli (Basque Country, 2017)	38
'Beni': Malvasia/Garnacha (Alicante, 2017)	10 13.5 27 40
José Pariente: Sauvignon Blanc (Rueda, 2015)	45

SMOOTH & FRUITY [12]

175ML 250ML 500ML BTL

Altacena: Tempranillo (La Mancha, 2016)	6.75 8.95 17.9 26.5
Santa María: Tempranillo (Rioja, 2016)	29
Vega Real Roble: Tempranillo (Ribera del Duero, 2015)	29
Chaval Tinto: Bobal (Valencia, 2015)	30
Langa: Garnacha/Syrah (Calatayud, 2016)	7.75 10.35 20.6 31
Campo Arriba: Monastrell/Syrah (Yecla, 2013)	31
Avaniel: Tempranillo (Ribera del Duero, 2016)	32
El Pícaro: Tinta de Toro (Toro, 2016)	32
Clos Lojen: Bobal (Manchuela, 2016)	34
Crego e Monaguillo: Mencia (Monterrei DO, 2015)	35
La Maldición: Tempranillo/Malvar (Madrid, 2015)	35
Vino de Montana: Garnacha, Rufete (Gredos, 2017)	9.5 12.75 25.5 38
Bodegas Jiménez: Syrah (Méntrida DO, 2016)	36.5
7 Fuentes: Listan Negro (Tenerife, 2016)	39
Sus Scrofa: Sumoll (Penedès, 2015)	39
Terraprima: Cab Franc/Grenache/Syrah (Penedès, 2013)	45
Torres Mas Borràs: Pinot Noir (Penedès, 2010)	72

PARA PICAR [NIBBLES]

almonds (v) [6, 8]	5
olives (v)	5.5
anchovies, piquillo peppers, caperberry [4]	6
pork crackling, mushroom salt [6]	5.5
garbanzos fritos (fried chickpeas) (v) [6]	5
extra bread [1]	1.5

SHERRY [12]

70ML

Fino: En Rama (Fernando de Castilla)	6
Manzanilla: La Goya	6

EMBUTIDOS Y QUESO [CURED MEAT & CHEESE]

lomo, chorizo, pear	10.5
jamón serrano, manchego cheese, quince, caperberry [7]	8.5/15
cured meats & spanish cheeses, quince paste [7]	22
goat's cheese, fig cake, black olive soil (v) [1, 7, 8]	8.5
manchego, quince, almond (v) [6, 7, 8]	7.5
spanish cheeses, olive, quince paste, hazelnut (v) [7, 8]	18
jamón ibérico, hazelnut, quince, olive [8]	11/19

SHERRY [12]

70ML

Amontillado: Montilla Moriles	6.5
Oloroso: Antique (Fernando de Castilla)	7
Palo Cortado: Marqués de Rodil Especial	8

AROMATIC & FRUITY [12]

175ML 250ML 500ML BTL

Nekeas: Viura/Chardonnay (Navarra, 2014)	26.5
Castano: Macabeo (Yecla, 2017)	7.25 9.6 19.25 29
Sola Fred: Macabeo, Grenache (Montsant, 2017)	31
Las Cuadras: Muscat/Viognier (Costers del Segre, 2017)	33
Spanish White Guerilla: Chardonnay (Rioja, 2015)	35
Viña Barradero: Zalema (Huelva, 2016)	35.5
XiÓN: Albariño (Rías Baixas, 2016)	36
Torres Waltraud: Riesling (Penedès, 2015)	38
Petit Caus: Xarel-lo/Macabeo (Penedès, 2016)	39
Gabo de Xil: Godello (Valdeorras, 2016)	10.5 14 28 42
Señorío de Rubios: Albariño (Rías Baixas, 2015)	44

RICH & FULL [12]

175ML 250ML 500ML BTL

Oveja Tinta: Malbec (Uclés DO, 2015)	7.25 9.6 19.25 29
Gran Dominio Crianza: Tempranillo (Rioja, 2014)	8.5 11.5 23 33
Aga: Tempranillo/Merlot (Navarra, 2016)	33
Rebel: lia: Tempranillo/Garnacha/Bobal (Utiel-Requena, 2015)	34
Palacio Camino Real Crianza: Tempranillo (Rioja, 2014)	34
Alvarez Nolting: Monastrell (Valencia DO, 2014)	35
Vermell: Monastrell/Garnacha/Mandó (Valencia, 2014)	35
Nekeas Crianza: Tempranillo/Cab Sav (Navarra, 2012)	36
Strabon Oro: Tinta de Toro (Toro, 2012)	37
Vina Almate: Tinto Fino (Ribera del Duero, 2016)	38.5
Drac Magic: Temp/Gar/Syr/Cab Sav (Costa Del Segre, 2014)	38
Vivir sin Dormir: Monastrell (Jumilla, 2016)	39
Torres Gran Coronas: Cabernet Sauvignon (Penedès, 2012)	41
Izadi Resrva: Tempranillo (Rioja, 2014)	11.5 15.5 31 46
BeTomish: Garnacha/Merlot (Priorat, 2013)	45
Guerinda 'El Maximo': Garnacha/Merlot/Cab Sauv (Navarra, 2014)	45
Veronica Salgado Roble (Ribera del Duero, 2015)	46
Ánima Negra AN/2: Callet/Syrah (Mallorca, 2015)	48